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Clinical Nutrition Specialist
Semarang Branch

PROCEEDING BOOK

The 3rd SEMARANG CLINICAL NUTRITION UPDATE

COMPREHENSIVE Clinical Nutrition UPDATE in Cancer



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Arifantoni W.H.M.Kes, SpGK

Editor The 3rd Semarang Clinical Nutrition Update

Kata Sambutan

Segala puji dan syukur kami panjatkan kepada Tuhan Yang Maha Esa atas terselenggaranya acara The 3rd Semarang Clinical Nutrition Update.

Sebagaimana kita ketahui bersama bahwa tantangan profesi dokter gizi klinik semakin besar, terkait dengan peran dokter gizi klinik di rumah sakit dalam memberikan pelayanan kesehatan, terutama dalam meminimalkan angka kejadian malnutrisi di rumah sakit.

The 3rd Semarang Clinical Nutrition Update merupakan bentuk partisipasi dalam berbagi ilmu dan pengalaman untuk meningkatkan kompetensi, profesionalitas dan semangat sejawat dokter gizi klinik serta mendukung perbaikan status gizi pasien dan peningkatan mutu pelayanan gizi di rumah sakit.

Terima kasih kepada semua pihak yang telah turut membantu terselenggaranya acara ini. Untuk itu kami mohon maaf sekiranya dalam pelaksanaan The 3rd Semarang Clinical Nutrition Update, masih terdapat kekurangan.

Akhirnya, besar harapan kami simposium ini dapat menambah kompetensi sejawat gizi klinik dalam memberikan penatalaksanaan pelayanan gizi klinik secara menyeluruh khususnya pada pasien kanker di rumah sakit.

Salam

dr. M.R Arientasari W.H, M.Kes, SpGK
Ketua Panitia The 3rd Semarang Clinical Nutrition Update

Kata Sambutan

Assalamu'alaikum Warahmatullahi Wabarakatuh

Salam sejahtera untuk kita semua

Syukur kepada Tuhan Yang Maha Esa atas terselenggaranya simposium dan workshop Semarang Clinical Nutrition Update (SCNU), semoga acara ini memberi manfaat bagi kita semua.

Para Senior, Guru Besar dan sejawat Sp.GK yang saya hormati dan saya banggakan, Semarang Clinical Nutrition Update yang merupakan kegiatan tahunan PDGKI Jawa Tengah kali ini mengangkat tema Comprehensive Clinical Nutrition Update in Cancer. Seperti yang telah kita ketahui bersama bahwa prevalensi kanker semakin meningkat, meningkatkan angka kematian, menurunkan angka produktivitas dan para era JKN saat ini menguras dana untuk pemeliharaan kesehatan. Kiprah Sp.GK yang terintegrasi dalam pelayanan pasien kanker di rumah sakit makin diperlukan demi terwujudnya penanganan komprehensif untuk mendukung luaran klinis pasien, mencegah terjadinya *hospital malnutrition* dan memperpendek masa rawat yang berujung pada penurunan biaya perawatan. Kegiatan SCNU ini sarat akan materi keilmuan dan *workshop* yang diharapkan akan menambah wawasan dan membekali para Sp.GK untuk memberikan pelayanan yang terbaik di manapun kita berada.

Akhir kata, saya mengucapkan terima kasih atas kerja keras ketua panitia beserta tim dalam mempersiapkan acara ini, serta para pembicara dan atas asupan ilmu yang diberikan. Ucapan terima kasih juga dihaturkan bagi seluruh mitra kerja yang turut andil dalam mensukseskan SCNU.

Selamat mengikuti SCNU, Semarang siap menyambut dengan kehangatan suasana dan kulinernya.

Wassalamu'alaikum Warahmatullahi Wabarakatuh

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SCHEDULE

SCHEDULE OF SYMPOSIUM DAY 1 (SATURDAY, APRIL 28th 2018)

| TIME | TOPIC | |
|-------------|---|--|
| 07.30-08.00 | REGISTRATION | |
| | SESSION I : CANCER CACHEXIA Moderator: | Dr. dr. Masrul, M.Sc, Sp.GK |
| 08.00-08.15 | Update on cancer cachexia: mechanism and nutritional implication | Prof. dr. Siti Fatimah Muis, M.Sc, Sp.GK(K) |
| 08.15-08.30 | Anti anorexigenic agents and nutritional manajement for cancer cachexia | Dr. dr. Darmono SS, MPH, Sp.GK(K) |
| 08.30-08.45 | Exercise and rehabilitation management for cancer cachexia | Dr.dr.Zaenal Muttaqien Sofro, Sport&Circ.Med |
| 08.45-09.00 | Discussion | |
| 09.00-09.40 | Opening Ceremony | MC: dr. Martha Ardiaria, M.Si.Med |
| | Chaiman of the committee Speech | Prof. Dr. dr. Hertanto WS, MS., Sp.GK(K) |
| | PDGKI Chairman Speech | Prof. Dr. dr. Nurpudji A. Taslim, MPH, Sp.GK(K) |
| 09.40-09.10 | KEYNOTE SPEAKER | DIRJEN YANMED (dr.Bambang Wibowo Sp.OG (K), MARS) |
| 10.10-10.25 | Coffee Break | |
| 10.25-11.25 | TALK SHOW Moderator: Prof. Dr. dr. Hertanto Wahyu Subagio, MS, Sp.GK(K) | <ol style="list-style-type: none"> 1. DIRJEN YanKes (dr.Bambang Wibowo Sp.OG (K), MARS) 2. Deputi Direksi BPJS (Dr. Andi Afdal, MM) 3. Ketua Umum PERSI (Dr. Kuntjoro AP, M.Kes) 4. Ketua Umum PDGKI (Prof. Dr. dr. Nurpudji A. Taslim, MPH, Sp.GK(K) |

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|--------------|---|--|
| 11.25-11.55 | LUNCH SIMPO : Not all protein are the same quality matters | dr. M. R. Arientasari W. H, M.Kes, Sp.GK |
| 11.55-12.55 | Lunch + Prayer | |
| | SESSION II : Nutrition role in cancer prevention and management Moderator | dr. Olivia Widyarini, Sp.GK |
| 12.55 -13.10 | Clinical benefits of omega 3 fatty acid supplementation in cancer | Dr. dr. Gde Ngurah Indraguna Pinatih, M.Sc, Akp, Sp.GK |
| 13.10 -13.25 | The importance of gut health in cancer prevention and therapy | Dr.Med. dr. Maya Surjadjaja, MS, Sp.GK |
| 13.25 -13.40 | Food and drugs interaction in cancer patients | dr. Noor Wijayahadi, M.Kes,Ph.D |
| 13.40 -13.55 | Discussion | |
| 13.55 -14.00 | Poster Announcement (3 besar) | |
| | SESSION III : Pediatric oncology Moderator | dr. Febe Christianto, Sp.GK |
| 14.00-14.15 | Optimizing growth in paediatric patients with cancer | dr. JC. Susanto, Sp.A (K) |
| 14.15-14.30 | Cancer treatment and perioperative procedure in paediatric patient | dr. Edwin Basyar, M.Kes, Sp.B, Sp.BA |
| 14.30-14.45 | Nutrition therapy in paediatric patient with malignancy | Dr.dr. Mexitalia Setiawati, Sp.A(K) |
| 14.45-15.00 | Discussion | |
| 15.00-15.20 | Coffee break | |
| | SESSION IV : Geriatric oncology Moderator | dr. Annta Kern Nugrohowati, M.Si, Sp.GK |
| 15.20-15.35 | Cancer in elderly: metabolic changes & consequences | dr. H. Hadi Martono, Sp.PD-KGer |
| 15.35-15.50 | Palliatif care in cancer patient | dr. Ika Syamsul Huda MZ, Sp.PD, MPH, FINASIM |
| 15.50-16.05 | Nutritional approach in geriatric oncology | Prof. Dr. dr. Hertanto Wahyu Subagio, MS, Sp.GK (K) |
| 16.05-16.20 | Metabolomics alterations macro & micronutrient in geriatric oncology | Dr. dr. Masrul, M.Sc, Sp.GK |
| 16.20-16.35 | Discussion | |

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|-------------|---|-----------------------------|
| 10.00-12.00 | Parallel Section | |
| 13.00-13.30 | Presentasi poster (mencari 3 besar) | dr. Nugro Puruhita, NIM-dSc |
| 15.00-15.30 | Oral presentation (tiga besar) (paralel) | dr. Murti Han Pujiastuti |

SCHEDULE OF SYMPOSIUM DAY 2 (SUNDAY, APRIL 29th 2018)

| TIME | TOPIC | |
|--------------|---|--|
| 07.30 -08.00 | REGISTRATION | |
| 08.00-08.30 | PLENARY LECTURE “The right of palliative care patients” | dr. Djoko Widyarto, JS, DHM, M.HKes |
| | SESSION I : CANCER IN SPECIAL CONDITION Moderator | Dr. Etisa Adi Murbawani, M.Si, Sp.GK |
| 08.30-08.45 | Cancer and pregnancy | Dr. dr. T. Mirza Iskandar, Sp.OG(K) |
| 08.45-09.00 | Gynecological malignancy | dr. Edi Wibowo Ambari. Sp.OG(K) |
| 09.00-09.15 | Nutrition management in obstetrical and gynecological malignancy | Prof. Dr. dr. Nurpudji A. Taslim, MPH, Sp.GK(K) |
| 09.15-09.30 | Discussion | |
| 09.30-09.50 | Coffee break | |
| | SESSION II : CANCER MANAGEMENT: NON SURGICAL Moderator | Prof. dr. M. Sulchan, SpGK (K), DA. Nutr |
| 09.50-10.05 | The effects of chemotherapy in cancer patients | Prof. dr. C. Suharti, PhD, Sp.PD(K)HOM |
| 10.05-10.20 | The effect of radiotherapy in cancer patients | dr. C. Nawangsih, Sp.Rad(K)Onk.Rad |
| 10.20-10.35 | Nutrition therapy in chemotherapy and radiotherapy patients (include netropenic diet) | Dr. dr. Fiastuti Witjaksono, MS, MSc, Sp.GK(K) |
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| 10.50-11.10 | Cancer Survivor Testimony | |

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|--------------|--|---|
| 11.10 -11.40 | LUNCH SYMPOSIUM Body composition monitoring in cancer patients | dr. Niken Puruhita, MMedSc, Sp.GK(K) |
| 11.40 -13.00 | Lunch + Prayer | |
| | SESSION III : PERIOPERATIVE MANAGEMENT IN CANCER PATIENTS Moderator | dr. Minidian Fasitasari, M.Sc,SpGK |
| 13.00 -13.15 | Metabolic changes and consequences of surgery in cancer patients | Dr. dr. Selamat Budijitno, M.Si.Med, Sp.B(K)Onk |
| 13.15 -13.30 | Enhanced Recovery After Surgery (ERAS) Procedure and perioperative management in gastrointestinal malignancy | dr. Erik Prabawo, M.Si.Med, Sp.B-KBD |
| 13.30 -13.45 | Perioperative nutrition in patients with cancer focused on glutamine | dr. Ida Gunawan, MS, Sp.GK(K) |
| 13.45-14.00 | Discussion | |
| 14.00-14.45 | SESSION IV : Pros and Cons ketogenic diet in cancer manajemen Moderator Pro Contra | dr. Amalia Sukmadianti, Sp.GK Dr. dr. Gaga Irawan Nugraha, MS, Sp. GK dr. Agussalim Bukhari, M.Med, Ph.D Sp.GK(K) |
| 14.45-15.00 | Discussion | |
| 15.00-15.15 | Announcement poster competition and oral paper presentation Door Prize | dr. M. R. Arientasari W. H, M.Kes, Sp.GK |

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Metabolomics Alterations Macro- And Micronutrients In Geriatric Oncology

Masrul

ABSTRACT

Recently 11 million people have suffered to malignant tumors worldwide every year. Due to the age-depending cancer incidence and the ageing population, the number of new cancer cases is expected to double until the year 2030. Older subjects, >70 years represent more than 40% of patients with cancer. Diagnosis and treatment of older patients is one of the priorities of the cancer campaign. Cancer patient is facing progressive malnutrition conditions with frequent after 70 years of age due to inadequate dietary intake and insufficient supply of macro- and micronutrients. The supportive nutrition care for geriatric oncological patients is a central importance. Malnutrition is associated with and aggravated by a higher metabolic turnover rate observed in many cancer patients which increases whole body protein turnover with elevated protein catabolism combined with persistent degradation of muscle protein and increased lipolysis with higher lipid oxidation. The tendency of muscle loss in cancer causes by many factors including patient's age, physical activity and cancer related protein metabolism influence the skeletal muscle. Also drugs commonly used in chemotherapy are known to cause negative nitrogen balance. Increased carbohydrate intake and reduced the intake of animal products, inducing far lower levels of protein and fat as proportions of the total caloric intake and relatively higher carbohydrate intakes related to better prognosis for elderly Asian cancer patients. Micronutrient deficiency caused by the cancer disease compromises wound healing, so that there is a higher risk of complications after surgical interventions and also associated with a higher risk of depressive symptoms especially of some B vitamins, and compromise the immune competence by reduced high proliferation immune cells due to high nutrient need. Increased micronutrient supply is recommended like vitamin C, vitamin A, vitamin B6, folic acid, zinc, copper to improve postoperative wound healing. Administration long-chain omega-3 fatty acids recommended improving weight loss and tumor cachexia. Application a multi- vitamin-multimineral supplement in physiological doses is a useful but avoided the use of single high-dose micronutrients. Nutritional intervention accompanying curative treatment has an important role in geriatric oncology which is to increase the tolerance and response to the oncology treatment, decrease the rate of complications and possibly reduce morbidity by optimizing the balance between energy expenditure and food intake.